



Food and Nutrition Department

Long-term sequencing Year 7

INTENT: The curriculum has been developed to enable pupils to acquire a range of food skills, increasing in complexity and accuracy, to cook a range of dishes, safely and hygienically, and to apply their knowledge of nutrition and food provenance, whereby pupils have the opportunity to build on their learning in Key Stage 2 Design and Technology: knowledge and skills include:

- use of basic equipment and tools, basic practical skills, origin and simple functions of ingredients, healthy eating and The Eatwell Guide, food choice.
- knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts, such as the home, school and culture.

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life. Students will learn how to apply the principles of nutrition and healthy eating. Students will be introduced to the eat well guide, food and its nutritional value and health and safety preparing and making food. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Smoothies, Cous Cous salad, Vegetable cuts, Vegetable Soup, Pizza toast, savoury/fruit crumble, bread rolls.

HALF TERM 1 and 2

STUDENTS MUST KNOW:

- Identify hazards that occur in a kitchen
- Describe how to reduce hazards
- Explain how to prepare for a practical
- List the correct order for washing up
- Explain how to use a knife safely
- Describe the sensory characteristics using the correct sensory descriptors
- The use of small electrical equipment
- Use a sharp knife, demonstrating either the claw or bridge technique
- Knife skills and vegetable cuts- Macedoine, brunoise, julienne, jardinière
- Prepare, combine and shape ingredients

HOW THIS WILL BE ASSESSED:

- Peer/self-assessment opportunities
- Verbal feedback
- Teacher Q&A
- Retrieval
- Low stake quizzing

HALF TERM 3 and 4

STUDENTS MUST KNOW:

- Use a sharp knife, demonstrating either the claw or bridge technique
- Apply knife skills such as slicing, dicing and chopping
- Demonstrate how to use the cooker safely including the use of the hob, grill and oven
- The use of small electrical equipment
- Describe the sensory characteristics using the correct sensory descriptors
- How to work independently and safely
- Evaluate their performance in the practical
- Demonstrate their knowledge and understanding of the theory work

HOW THIS WILL BE ASSESSED:

- Peer/self-assessment opportunities
- Verbal feedback
- Teacher Q&A
- Retrieval
- Low stake quizzing

HALF TERM 5 and 6

STUDENTS MUST KNOW:

- The definition of diet
- Identify reasons why we need food
- Identify the names of the nutrients and the function of each nutrient
- Explore how the Eatwell Guide can help
- Give a definition of food provenance
- Identify foods that are grown in the UK
- Explain what organic farming is
- Investigate whether there is a difference between organic and non-organic foods
- List reasons why buying local produce and reducing food miles

HOW THIS WILL BE ASSESSED:

- Peer/self-assessment opportunities
- Verbal feedback
- Teacher Q&A
- Retrieval
- Low stake quizzing

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<ul style="list-style-type: none">• Informal assessment of the application of knowledge and skills in a practical setting• Written assessments on core knowledge and skills during LRW 1	<ul style="list-style-type: none">• Informal assessment of the application of knowledge and skills in a practical setting• Written assessments on core knowledge and skills during LRW 2	<ul style="list-style-type: none">• Informal assessment of the application of knowledge and skills in a practical setting• Practical assessment on core knowledge and skills during LRW 3
<p>Home learning set will consist of a combination of: Reading comprehension tasks, correct order for washing up diary/tasks, Recipes prior to practical lessons so that pupils can familiarise the recipe and have the opportunity to practice the recipe at home, sensory evaluation/evaluation/self-assessment, research tasks.</p>		